



CENTRAL SHENANDOAH HEALTH DISTRICT

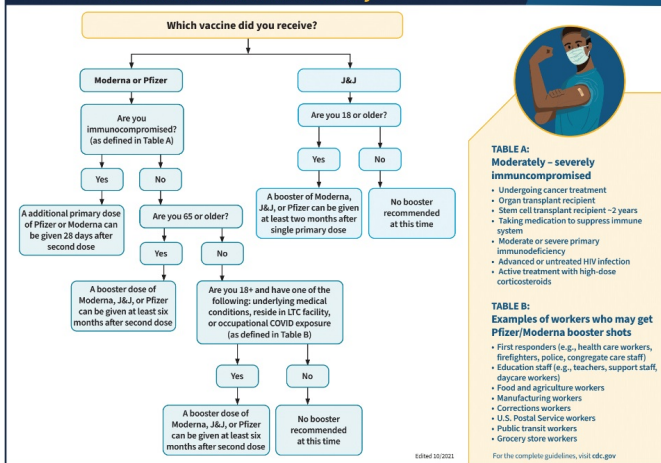
WEEKLY COVID-19 UPDATE & CLINIC INFORMATION

OCTOBER 29, 2021

NEW THIS WEEK!

CSHD IS OFFERING PFIZER, MODERNA, JOHNSON & JOHNSON COVID-19 VACCINE BOOSTERS TO ALL ELIGIBLE PERSONS

Do I need a COVID-19 additional primary dose or booster vaccine today?



For individuals who received a **Pfizer-BioNTech** or **Moderna** COVID-19 vaccine, the following groups are eligible for a booster shot at 6 months or more after their initial series:

- 65 years and older
- Age 18+ who live in [long-term care settings](#)
- Age 18+ who have [underlying medical conditions](#)
- Age 18+ who work or live in [high-risk settings](#)

For people who got the **Johnson & Johnson** COVID-19 vaccine, booster shots are also recommended for those who are 18 and older and who were vaccinated two or more months ago.

The FDA and CDC also authorized mixing and matching different vaccines from the initial series. Read more [here](#).

Looking for an opportunity to get your COVID-19 booster shot this week?

Monday, November 1 12:00 to 6:00 p.m.

College Square (Old Peeble's/Gordmans)

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)

Appointments preferred. To make your appointment, please visit vase.vdh.virginia.gov.

Wednesday, November 3 12:00 to 6:00 p.m.

Rockingham County Fairgrounds

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)

Appointments preferred. To make your appointment, please visit vase.vdh.virginia.gov.

Thursday, November 4, 12:00 to 6:00 p.m.

James Madison University Convocation Center

Pfizer, Moderna, Johnson & Johnson (Booster doses for eligible persons, first and second doses also available)

Appointments preferred. To make your appointment, please visit vase.vdh.virginia.gov.

This clinic is available to everyone in our community! You do NOT have to be faculty, staff or student at JMU.

FREE COVID-19 VACCINATIONS

BOOSTERS AVAILABLE!
MAKE YOUR APPOINTMENT AT [VASE.VDH.VIRGINIA.GOV](https://vase.vdh.virginia.gov)

Mondays, 12:00 - 6:00 pm
College Square
Old Peeble's/Gordmans
770 North Lee Hwy
Lexington VA 24450

Pfizer (Ages 12+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

FREE COVID-19 VACCINATIONS

BOOSTERS AVAILABLE!
MAKE YOUR APPOINTMENT AT [VASE.VDH.VIRGINIA.GOV](https://vase.vdh.virginia.gov)

Wednesdays, 12:00 - 6:00 pm
Rockingham County Fairgrounds
4808 South Valley Pike
Harrisonburg VA 22801

Pfizer (Ages 12+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

FREE COVID-19 VACCINATIONS


BOOSTERS AVAILABLE!
MAKE YOUR APPOINTMENT AT [VASE.VDH.VIRGINIA.GOV](https://vase.vdh.virginia.gov)

Thursdays, 12:00 - 6:00 pm
James Madison University Convocation Center
895 University Blvd
Harrisonburg, VA 22807

Pfizer (Ages 12+) 2 shots
Moderna (Ages 18+) 2 shots
Johnson & Johnson (Ages 18+) 1 shot

Read more about COVID-19 Booster Doses


THE FLU SHOT: WHAT YOU NEED TO KNOW



GET YOURSELF AND YOUR FAMILY VACCINATED!

A yearly flu vaccine is the first and most important step in protecting against flu viruses.

#FIGHT FLU



What: Flu Shots (also known as Influenza Vaccines) are the best way to protect yourself and your loved ones from the flu, which is a potentially serious disease that can lead to hospitalization and sometimes even death.

Who: All people 6 months and older (with rare exceptions).

When: People should get a flu shot every year. Ideally, everyone should be vaccinated by the end of October to protect themselves during the flu season. It is okay to get a flu shot after October.

Why: When more people are vaccinated against the flu, the flu will have less of an opportunity to spread in a

community. This means less people will need medical care for flu illness and our already overwhelmed healthcare system can focus on helping people with other health problems, such as Covid-19.

Flu Shot & COVID-19 Vaccine: You can get a flu shot and a COVID-19 vaccine on the same day, there are no timing requirements between getting a flu shot and a Covid-19 vaccine.

Where: You can get a flu shot from your healthcare provider or just about any pharmacy. Some public providers offer the flu vaccine for free. Visit the [VDH website](#) to find out where you can get your flu shot. You can also visit <http://flushot.healthmap.org/> for flu shot clinics near you.

UPCOMING FLU VACCINE CLINICS AT THE LOCAL HEALTH DEPARTMENT!

Call your local health department to schedule an appointment!

Harrisonburg Rockingham Health Department: Call 540-574-5101

Flu vaccine clinics every Friday, 9:00am-11:00am

Waynesboro Augusta Health Department: Call 540-949-0137

Flu vaccine clinics every Wednesday, 2:00pm-4:00pm

Lexington Rockbridge Health Department: Call 540-463-3185

Flu vaccine clinics every Monday, 1:00pm-4:00pm

You may receive your COVID-19 shot or booster at the same time as your flu shot!

CONTINUED COVID-19 TESTING CLINICS IN CSHD

The Central Shenandoah Health District continues to offer free, drive-thru COVID-19 testing clinics each week throughout the district. Testing is available for individuals, regardless of vaccination status, who have symptoms of COVID-19 and/or have been exposed to someone with a confirmed case of COVID-19. Eligibility will occur onsite.

You can find a testing center near you on the [VDH Testing Sites Website](#)

Monday, November 1 from 8:00 am - 10:00 am at Hillandale Park, Harrisonburg

Thursday, November 4 from 8:00 am - 10:00 am at Hillandale Park, Harrisonburg

PCR tests available. A health department employee will call with results once available. Individuals should isolate until they receive a negative test. Call the Staunton-Augusta Health Department for questions or assistance: (540) 332-7830.

**Read more about COVID-19 testing
guidance**

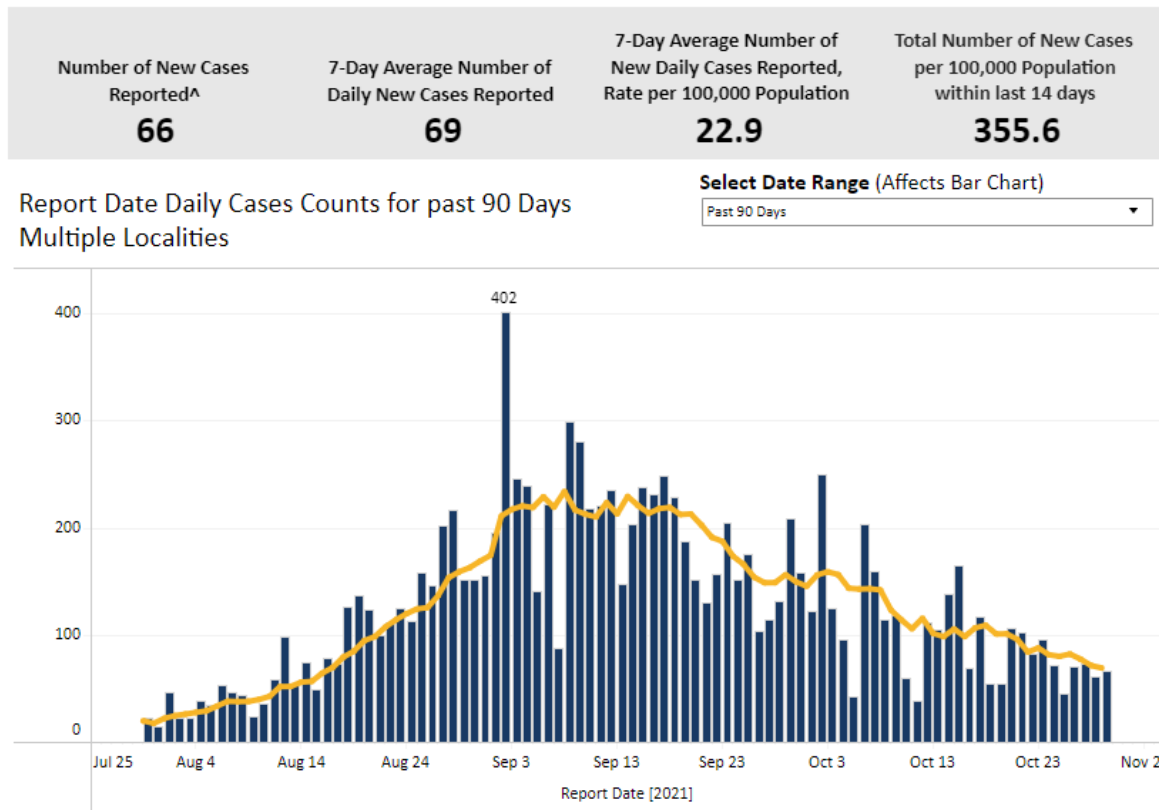
UPCOMING WEBINARS OPEN TO ALL HEALTHCARE PROFESSIONALS AND STAFF

- **Wednesday, November 3rd at 6:00 PM:** Join VDH for a Webinar on Understanding COVID-19 Vaccine: What the Evidence Tells Us - This free event has been approved for Continuing Medical Education (CME) credit /Continuing Education (CE) credit for physicians, nurses, and pharmacists.
 - Panelists: Richard Wenzel, MD, MSc; Chris Ghaemmaghami, MD, FACEP; Kelly Goode, PharmD, BCPS, FCCP. Moderator: Wendy Klein, MD, MACP.
 - Dial In: +1-408-418-9388, Meeting Number: 132 936 7287, Webinar Link: [Click Here to Join](#)
 - [Please share details of this panel event](#) with members of your professional organizations.

CENTRAL SHENANDOAH HEALTH DISTRICT COVID-19 DATA

Case Trends

The chart below illustrates the rate of cases throughout the Central Shenandoah Health District over the last 90 days.



Case Data Breakdown

As reported to VDH, by date of lab report. May differ from other sources, due to reporting lags. Negative numbers indicate data corrections, since March 2020. More data can be found [here](#).

	7-Day Average Number of Daily New Cases Reported	Total Cases	Total Hospitalizations	Total Deaths
Rockingham County	19	9,418	591	153
Harrisonburg City	9	8,253	256	104
Augusta County	14	10,168	298	126
Staunton City	5	3,398	99	81
Waynesboro City	6	3,637	97	45
Rockbridge County	6	2,128	74	58
Lexington City	3	1,572	34	36
Buena Vista City	6	1,321	30	25
Bath County	2	490	20	14
Highland County	1	180	2	4
Totals:	71	40,565	1501	646

Vaccination Rates

You are considered to be fully vaccinated 2 weeks after your second dose in a 2-dose series or 2 weeks after a single-

dose vaccine.

In the Central Shenandoah Health District, vaccination percentages are broken down by locality and city below:

	Percentage of Population receiving one dose	Percentage of Population fully vaccinated	Percentage of Adults receiving one dose	Percentage of Adults fully vaccinated
Rockingham County	52.8	48.9	63.3	58.8
Harrisonburg City	52.5	47.9	58.9	53.9
Augusta County	55.7	52.2	64.9	60.9
Staunton City	64.8	59.6	75.4	69.7
Waynesboro City	60.7	55.8	74.4	68.7
Rockbridge County	57.1	53.0	65.4	61.0
Lexington City	53.8	49.7	58.7	54.0
Buena Vista City	55.2	50.2	65.8	60.1
Bath County	55.0	49.3	63.0	56.4
Highland County	56.3	53.7	63.8	61.0
Totals:	56.4	52.0	65.4	60.5

Data Sources - Find out more!

The Virginia Department of Health maintains a COVID-19 dashboard containing case, vaccination and transmission data. To find out more about this data and how it is collected, click the link below!

Visit the VDH COVID-19 Data
Dashboard

COVID-19 MITIGATION



Vaccination is our number one line of defense in defeating COVID-19. All COVID-19 vaccines approved and authorized in the United States are safe, effective and free. **The Central Shenandoah Health District encourages everyone who is eligible to receive the COVID-19 vaccine do so as soon as possible!**

In addition to vaccination, layering other public health mitigation measures can keep you and your family safe! This can include:

- **Masking up in areas of high transmission**, even if you have already been vaccinated. Currently, the majority of localities throughout the state are in a state of substantial to high transmission. Read more about transmission [here](#).
- **Practice physical distancing (also known as social distancing)**, and stay 6 feet apart from others. It is a way to slow the spread of COVID-19 by reducing close contact between people. The closer you are to other people who are not fully vaccinated and the more time you spend with those people, the higher the risk of COVID-19 spread.
- **Wash your hands often with soap and water for at least 20 seconds.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, rubbing your hands together for at least 30 seconds until they are dry.

Read more about COVID-19 Mitigation Best
Practices

Health Education Corner



TRICK OR TREATING:

Stay outside. Encourage unvaccinated children to **wear a mask**. Or bring one with you in case you visit crowded locations.

Bring hand sanitizer to clean hands and wash hands when you return home. Make sure sanitizer is completely dry before kids eat with their fingers.

Stay home and away from others if you:

- ✱ Have any COVID-19 symptoms
- ✱ Tested positive for COVID-19 in the past ten days
- ✱ Been in contact with someone with COVID in the past 14 days

If you are self-isolating, do not take part in trick-or-treating. Look for other virtual options to celebrate

VACCINATE VIRGINIA | **VDH** VIRGINIA DEPARTMENT OF HEALTH

Tricks, not treats, for Halloween!

In preparation for spooky festivities this weekend, check out this list for suggestions on how to keep kids safe! Carry glow sticks or flashlights, use reflective tape or stickers on costumes and bags, and wear light colors to help kids see and be seen by drivers. Join kids under age 12 for trick-or-treating. Slow down and be alert! Kids are excited on Halloween and may dart into the street. Turn on headlights early in the day to spot kids from further away. Remind kids to cross the street at corners or crosswalks. When selecting a costume, make sure it is the right size to prevent trips and falls. Choose face paint over masks when possible. Masks can limit children's vision.

To learn more about keeping the kiddos safe on Halloween, visit <https://www.safekids.org/halloween>

COVID-19 VACCINE CLINICS

Click the button below for a full list of COVID-19 vaccine clinics happening in the Central Shenandoah Health District. The clinics are separated by region. Please note that the Pfizer vaccine is approved for ages 12+ and the Moderna and Johnson & Johnson vaccines are approved for ages 18+. These schedules are subject to change

You can register for these clinics at vase.vdh.virginia.gov.

View the COVID-19 Community Calendars

We also continue to partner with organizations throughout the district to provide access to COVID-19 vaccines. Visit the websites below for COVID-19 vaccine clinics operated by our community partners!

- Augusta Health: <https://vaccinate.augustahealth.com/vaccine-appointments/>
- Carilion Rockbridge Community Hospital: <https://www.carilionclinic.org/covid-19-vaccine#latest-updates>
- Health Community Health Centers: <https://www.hburgchc.org/covid-19-2/>
- Rockbridge Area Health Center: <https://www.rockahc.org/coronavirus-covid-19-updates/>
- Sentra Rockingham Memorial Hospital: <https://www.sentara.com/harrisonburg-virginia/covid-19-information.aspx>

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here!

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FOR MORE INFORMATION ABOUT COVID-19, VISIT:
<https://www.vdh.virginia.gov/coronavirus/covid-19-in-virginia/>

